



HOUSE-HOLD FLINTS

While constant and unlimited indulgence in highly spiced foods has been proven disastrous to health, it is equally true that condiments and spices judiciously employed assist digestion. It goes without saying that spices should be pure. On this account in making the various pickles and relishes that are just now timely it is better to use the whole spices or else grind them yourself. If you do not care to use your coffee mill, small spice mills come on purpose—pretty ones to be used at the table or less ornamental ones for the kitchen.

To most people pepper is pepper, simply differentiated into black, white and red. There is, however, a great difference in peppers even of the same color. The commercial grades of black pepper alone are Singapore, Allicey, Tellicherry, Trang, Acheen and Lampong, named from the province or port from which they are shipped. Singapore pepper, grown in the Malay peninsula, constitutes the larger portion of all the pepper raised, and is the highest priced because of its dark color and fairly uniform quality. The only objection to Singapore pepper for grinding purposes is the smoky odor which it retains to a considerable extent even after grinding. It is this test that the merchant applies when he wishes to be certain he is getting genuine Singapore. This smoky odor is due to the fact that the pepper and gambler plantations in Johore, from which most of the Malay pepper is raised, are situated on the banks of the Johore river, while still green is dried on mats placed over the kettles in which the vegetable extract is being boiled down. It is, therefore, one of the cleanest of peppers and, therefore, to be commended.

Nearly all the other grades of black pepper are sun-dried and of a light brown color. Lampong pepper, which comes from Sumatra, is the cheapest of all peppers, and its surface always shows considerable dirt even when it is not otherwise adulterated.

White pepper is the same as black, but its manufacture is a distinct and separate process. The berries are allowed to ripen, are then soaked and the shell or pericarp removed by friction. Sometimes ordinary pepper, bleached with chlorine, is used as a substitute. Decorated white pepper is a variety which has the seed coat entirely removed, forming hard kernels. There are various qualities dependent upon the extent to which the pearly process has been carried.

Cayenne pepper is obtained from the capsicum, a genus of plants belonging to the nightshade family, which has no relation to the real family of peppers. While there are four varieties of species, two only are of commercial importance—the Guinea pepper, hot and pungent, and the West India pepper, which is now also raised in our own gardens. Commercial cayenne is frequently subjected to the grossest adulterations. Red lead is one of the most common phur of mercury are the worst of materials introduced, and cases of lead and mercurial poisoning have been traced directly to them. They are added to keep the color, which is apt to fade with age, and at the same time increase the weight. They are also added to keep the pepper from becoming rancid. Other materials in common use as pepper adulterants are pepper shells and the sweepings of the mills, the refuse of the mill, and rice, ground olive pits, coconut and almond shells and mustard husks. The passage of the recent pure food laws will, partially, for a time at least, prevent the gross adulteration of the pepper trade, but it is still a good plan to use as far as possible home-grown peppers. Paprika or Hungarian pepper, which is made from the dried, good cooks and bon vivants to any other form of pepper, while Jersey people and Philadelphians cling to the use of the red and red Jersey sweet peppers.

A trip at this season through the Italian quarters of any city discloses great ropes of scarlet chilis swinging and fluttering from every window, where they have been hung to dry for winter use. These custom American cooks are now beginning to commend and follow.

In Chinatown still other peppers are found, tiny red and green ones, that come braided together. These are especially desirable for soups and garnishes. Cooking corn and rice, ground olive pits, coconut and almond shells and mustard husks. The passage of the recent pure food laws will, partially, for a time at least, prevent the gross adulteration of the pepper trade, but it is still a good plan to use as far as possible home-grown peppers.

Stuffed Peppers for a Salad Course or Garnish.—Take the tiny sweet peppers, green and red, with a small sharp-pointed knife scrape out all the seeds and soft inner, leaving only the shells. Now chop some many buttered, black walnuts or English walnuts as are desired, salt lightly and fill the pepper cases, which should have been all silt on one side so as not to destroy the pretty stem and of the pepper. The salt, the pepper and the nut make a delicious combination sure to please. These pepper garnishes should be prepared several hours before using.

In the putting up of home-made pickles this month—where is the housewife who does not on making her own supply of these delicacies?—the pepper plays an important role. Old-fashioned mangoes are especially popular, and mangoes made from the firm, green, bull-nosed peppers are among the best. The mild Spanish peppers should not be used in pickles, although they are delicious in a vegetable or in salads. The bull-nosed pepper is a much darker green and stronger in flavor. Soak them for twenty-four hours in a brine, not too strong. Cut a slit in one side, or cut off one end, saving it to serve as cover. Chop enough firm, white cabbage to fill the cavities. It is impossible to give the exact amount. Use with it, if you prefer, a quarter part of chopped celery, green cu-

Quality.
From Life.
"Why shouldn't they be in society?"
"Well, I don't know. They—"
"Certainly their money is as good as anybody's, and their manners are bad."

A Speaking Likeness.
From Puck.
Mrs. Fondmar: "Don't you think baby grows more like me every day?"
Fondmar: "Yes, dear, especially so since she began to talk."

The Evening Star Patterns.

Girl's Suspender Dress.

No. 4594—Frocks for the little maidens just now emphasize the popularity of the suspender suits. The full blouse and box-pleated skirts are both youthful and generally becoming.

A pleasing design is here shown in blue serge skirt and straps and white chalice blouse. The blouse is made with fullness at neck and shoulder, which insures a good blouse all the way round.

The skirt is circular, but made in two sections, so as to overcome any tendency to "ang." The skirts are worn with waists of the same material or with wash waists. The latter is a good idea for school wear, as they can be easily "tubbed."

Thus with one blue serge skirt and half a dozen different waists the little school girl will, to all appearances, have a most extensive wardrobe.

A charming development for a dark-haired miss would be of red Siellian, using white Louisiana silk for blouse. Cottons, linen, mercerized fabrics, cashmere, serge and a combination of plaid and plain materials are suggested.

Sizes—5, 6, 7, 8, 9, 10, 12 and 14 years.

Price, 10 Cents.

Fashion Department, The Evening Star, Washington, D. C.

For the 10 cents enclosed please send pattern to the following address:

NAME..... Pattern No. 4594

ADDRESS.....

CITY AND STATE.....

COMEDY OF ERRORS

Arising Out of a Similarity of Names.

TOO MUCH JACKSON

LED TO ALL SORTS OF COMPLICATIONS

In a Mount Pleasant Apartment House—How It All Came About.

Written for The Evening Star.

If it hadn't happened that the Christian name initials of the two Jacksons were the same the two Jackson families might never have come into conflict at all.

T. Jackson, with his wife, palpably new furniture in a Boston bull pup, moved into a second-floor flat of a new Mt. Pleasant apartment house on September 1.

T. Jackson, with his wife, obviously just-bought furniture and skye terrier pup, moved into a third-floor flat of the same apartment house—the flat directly above the other Jacksons—on the same day.

Each T. Jackson pasted a neatly hand-printed and properly trimmed card above the glass front of his vestibule letter box on taking possession of his flat.

The janitor was the first to notice the names when Jackson No. 2 had placed his apartment card in the vestibule.

"That's a T. Jackson, isn't it?" he inquired of the janitor.

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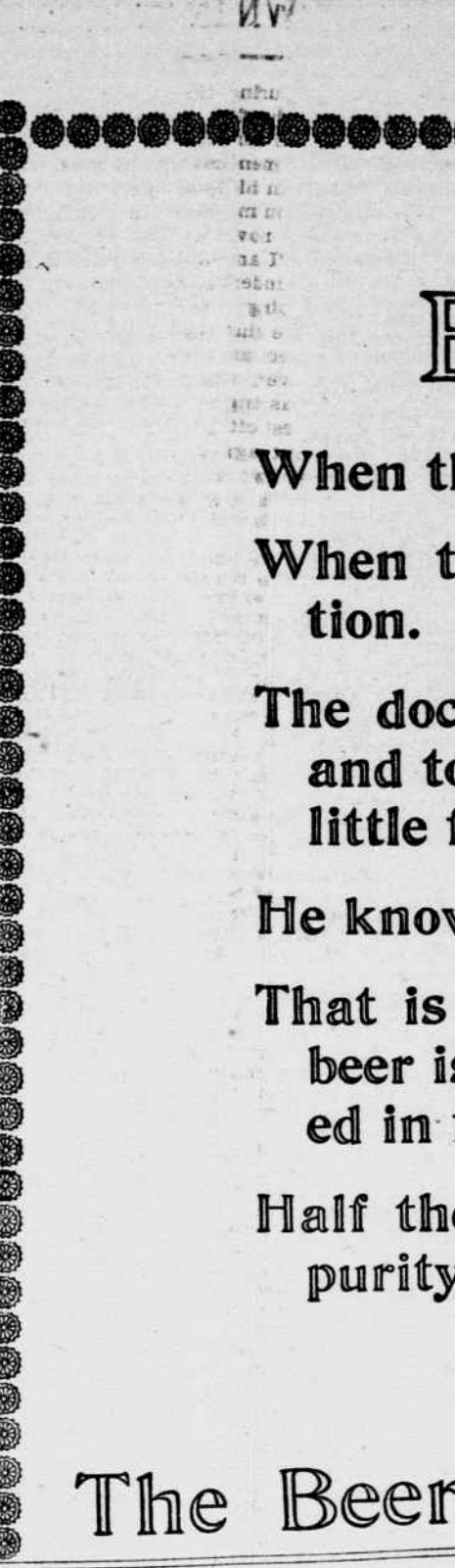
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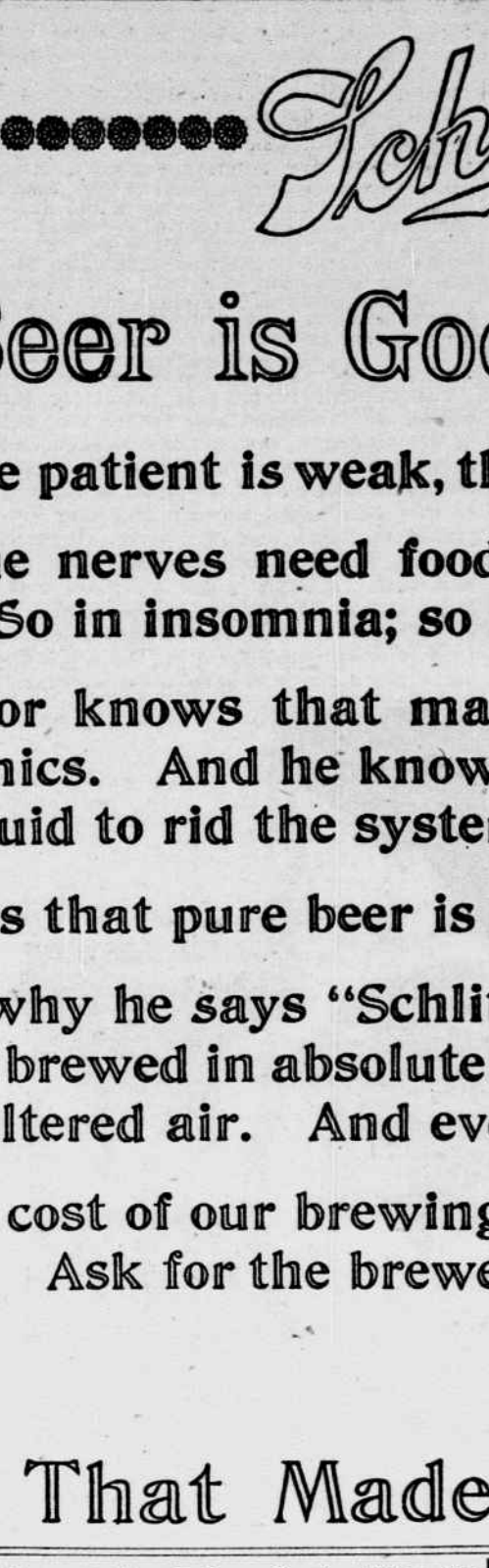
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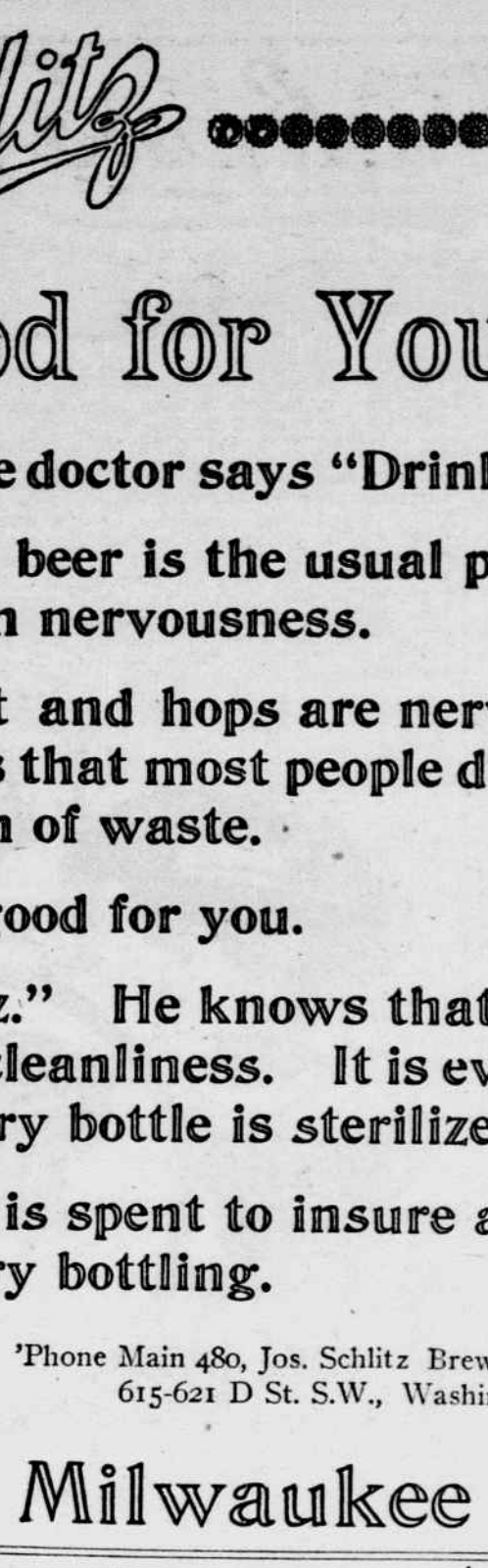
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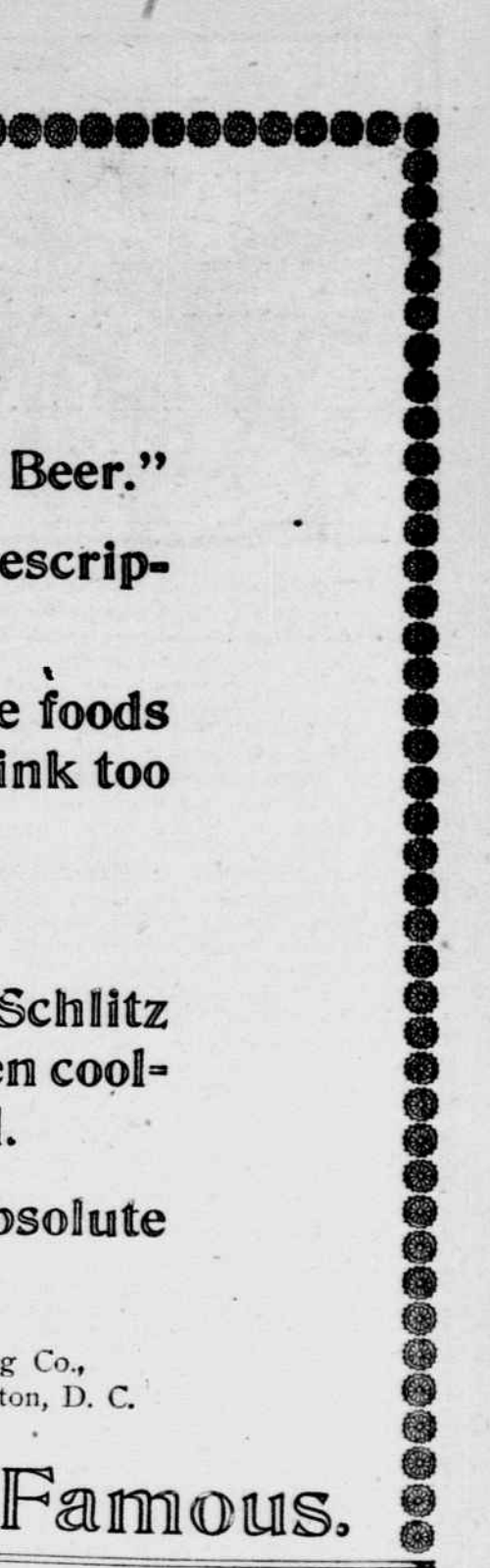
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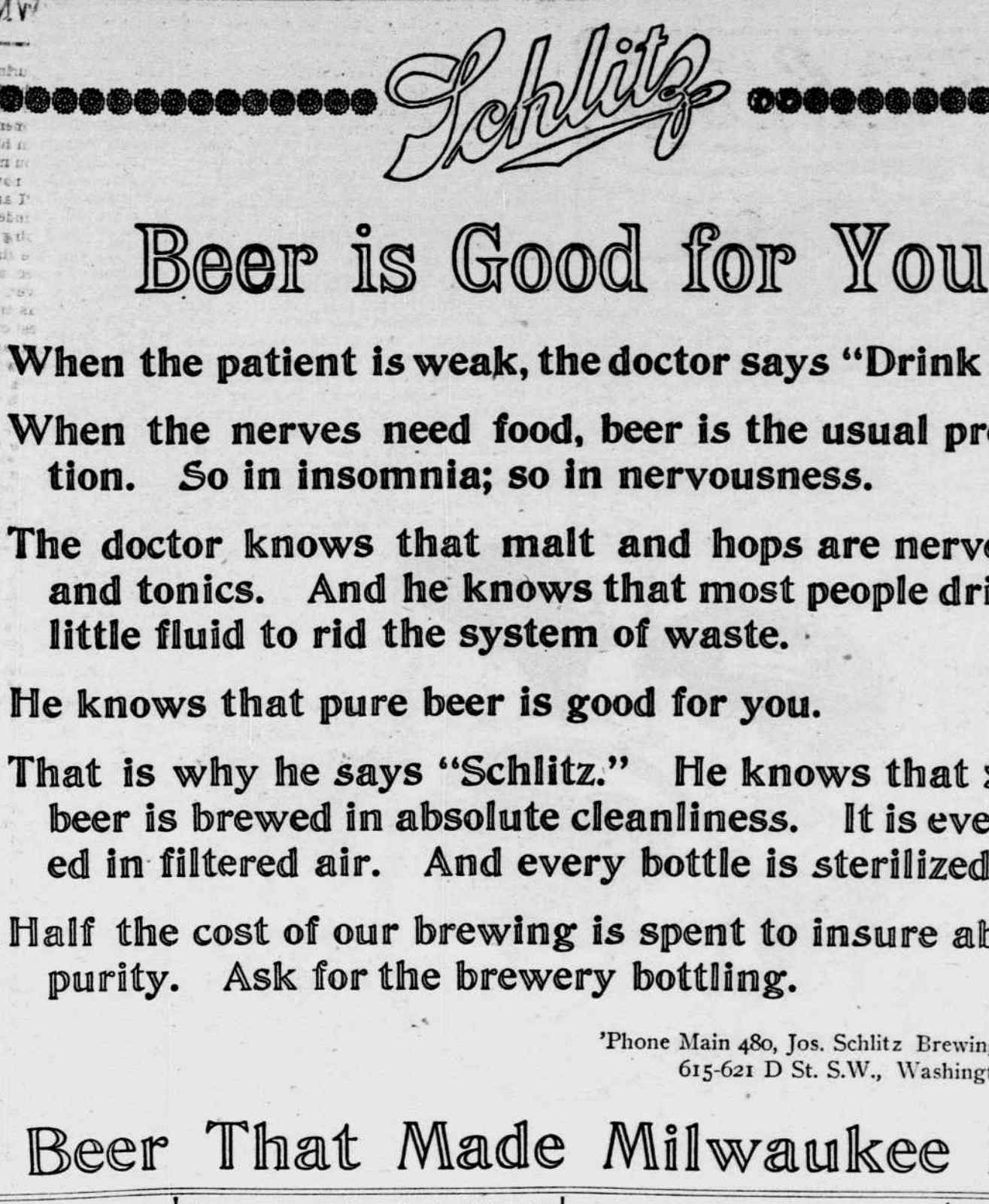
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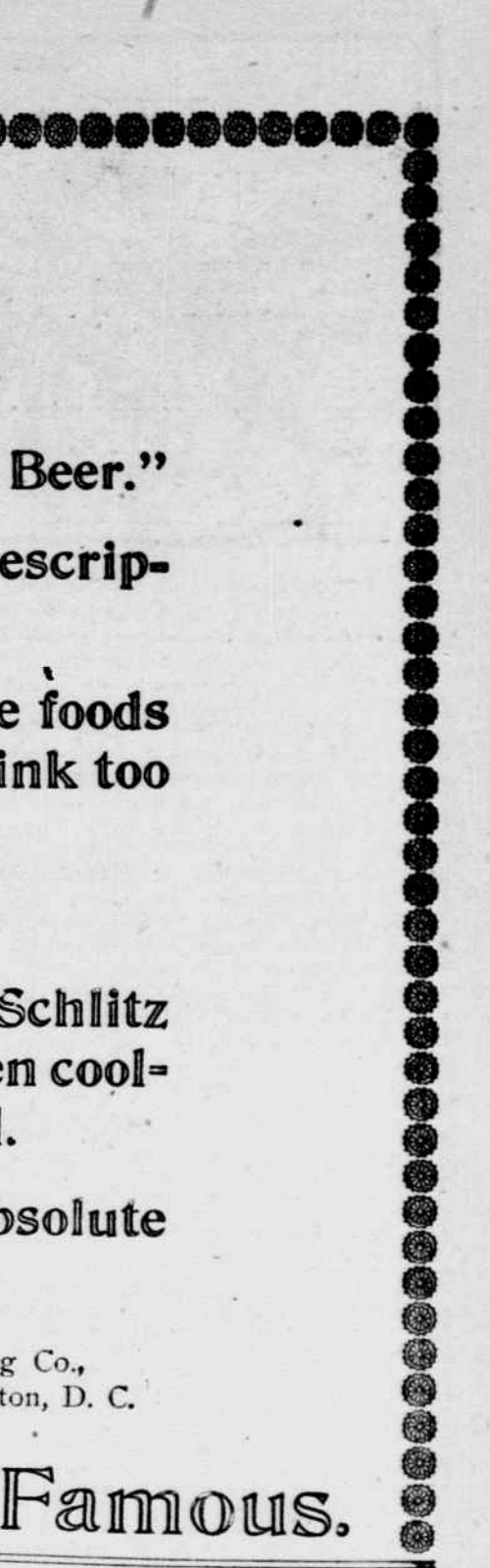
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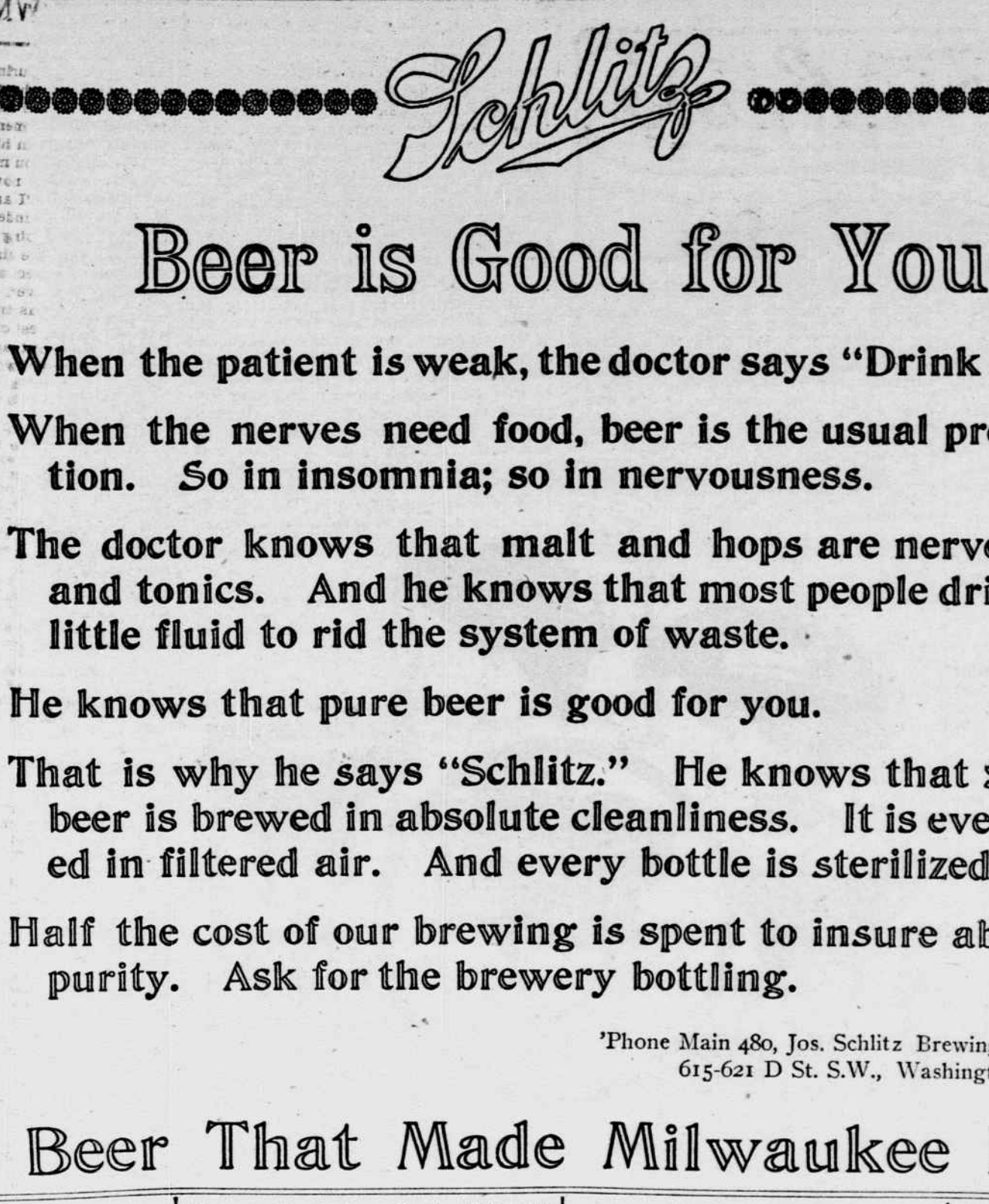
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